

Health Care Resources

[Testing and Assessment Sites \(updated 03/19/2020\)](#)

Street Medicine--Continues to be at Ripple on the 1st and 3rd Fridays from 11 a.m. -1 p.m. They have increased street rounds due to closing of Allentown Y Warming Stations, Bethlehem Emergency Shelter and Safe Harbor warming station. The four of them are on street rounds 8 a.m. - 4 p.m. For patients who are experiencing flu-like symptoms of COVID-19 (fevers, cough, shortness of breath), Street Medicine provides them with a bus pass and mask, referring them to the closest testing site. If you have questions, call LVHN Street Medicine, Seth Campbell PA-C (484-280-1881).

[What to do if you are sick with COVID-19?](#)

[St. Luke's Care Now Centers](#)

[St. Luke's Emergency Rooms](#)

Shelter Resources and Information

If you are in need of emergency housing assistance, please call 211

Allentown YMCA Warming Station The Warming Station reports on their Facebook page that they discontinued the nightly program. **From March 22 -April 30, the Warming Station will be a Code Blue Shelter, opening any night the weather is forecasted under 32 degrees.** The Y will still be offering grab-and-go dinner service to any Warming Station guest, Monday-Friday from 4:00-5:00 p.m. at our Allentown Branch location (425 15th St, Allentown, PA 18102).

Operation Address the Homeless is open at 221 N 7th St Allentown as a drop-in center Monday, Wednesday, Friday 4 p.m. - 7 p.m. Also open other times when donations available. This will be posted on their Facebook page.

Food resources

[view list of resources.](#) *please call to ensure days/time did not change.*

Caring for your mental health and well-being

***if someone is having a mental health crisis, they can call Lehigh County Crisis at (610) 782-3127*

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

[Mental Health and Coping During COVID-19](#)

[Tools to Support Your Emotional Wellness](#)

[How to Care for Yourself While Practice Physical Distancing](#)

[Tips for Social Distancing, Quarantine and Isolation](#)

[Managing Anxiety and Stress in a Pandemic](#)

[Self-Care Resource List, Music Playlists, and Strategies](#)

[Information from Lehigh Valley NAMI](#)

[Autism Society Information and Resources](#)

Helping Children Understand and Deal with COVID-19

***if someone is having a mental health crisis, they can call Lehigh County Crisis at (610) 782-3127*

[Just For Kids: A Comic Exploring The New Coronavirus](#)

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#)

[Tips for Talking with Children](#)

[04/02 Free Webinar "Helping Teens Cope with Anxiety During COVID-19"](#)

Provider-Specific Information

[Belmont Behavioral Hospital](#)

KidsPeace Walk-In Centers and TeenCentral
Pyramid Health Care Telehealth Counseling

Keep Connected in Time of Social Distancing

Digital Inclusion--Free and/or low cost internet resources for low income households

Virtual Drop-In Centers for adults and youth

Teen Central--A website powered by KidsPeace as a free and safe prevention and intervention resource